

# Menu



GLUTEN-FREE OPTION



## SOUP | SALAD

### Seafood Chowder | 10

Shrimp, Scallop, Cod and Salmon in a Cream Broth. Served w/Garlic Toast.

### French Onion Soup | 8

Sautéed Onions in a Red Wine Beef Broth. Topped w/Mozzarella Crostini Melt.

### Garden Salad | 10

Fresh Veggies on a Bed of Crispy Lettuce. Served w/Your Choice of Dressing.

### Sorta Caesar | 10

Romaine, Homemade Croutons, Bacon, Mushrooms, Tomatoes and Avocado-Cesar Dressing | + Chicken or Shrimp | 3

### Mandarin Salad | 12

Mandarin Orange Segments, Dried Cranberry Red Onions, Goat Cheese, Candied Walnuts.

### Greek Salad | 12

Black Olives, Cucumbers, Tomatoes, Bell Peppers, Red Onions, Feta



## STARTERS

### Sesame-Ginger Chicken Bites | 12

Crispy or Grilled Chicken Pieces Tossed Sesame-Ginger Sauce

### BBQ Nachos | 16

Corn Chips, Pico de Gallo, Black Olives, Jalapeños Topped w/Marble Cheese. +Chicken or Beef | 3

### Loaded Tacos | 12

Cajun Chicken, Pico de Gallo, BBQ Slaw, Lime Crema Crispy Cod, Pico de Gallo, Thai Slaw, Sriracha Crema

### Loaded Fries | 10

House Fries Topped w/Salsa, Marble Cheese, Cheese Sauce, Bacon & Green Onions

### Mussels | 15

Steamed Newfoundland Mussels, Mixed Bell Peppers, Shalots in a White Wine Cream Sauce

### Jalapeño Poppers | 8

Cajun Cream Cheese Jalapeños Wrapped in Bacon



## PAR 70 - WINGS - BREADED OR NAKED | 15

### Saucy

Spiced Cherry  
Bluberry Habanero  
Partridgeberry BBQ  
Honey Garlic  
Mild | Medium | Hot  
Canadian Whiskey

### Dry

Garlic  
Cajun  
Parmesan  
Salt & Pepper  
Salt & Vinegar  
Roasted Red Pepper

## PAR 70 - SNACKS | SIDES

### Moza Sticks | 10

### Onion Rings | 8

### Loaded Baked Potato | 6

### Waffle Fries | 8

### Fries | 6

### Sweet Potato Fries | 8

### Addons | Substitutes

Gravy | 2 - Dressing & Gravy | 3 - Poutine | 3 - Side Salad | 3

Par 70 by Chef Josh

# Menu



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## BURGERS

All Buns Toasted and Served w/Fries

### Par 70 | 16

Classic Bacon Cheeseburger w/The Works.

### Blueberry Bacon | 18

2 Smash Patties, Cheese, Blueberry Sauce, Pickled Red Onions, Basil Aioli, Arugula,

### The "Spicy" Stroke | 18

2 Smash Patties, Cheese, Crispy Jalapeños, Chili Hot Sauce, Sriracha Mayo, Arugula.

### Cranberry Pecan Brie | 18

2 Smash Patties, Brie Cheese, Crispy Onions, Pecan Bacon Crumble, Cranberry Ketchup.

### Thai Cod Burger | 16

Panko Crusted Cod, Sweet Chili Slaw, Savoury Aioli.

### Crispy Chicken | 17

Crispy Chicken, Bacon, Cheese, Honey Mustard Slaw, Savoury Aioli, Pretzel Bun

### Spicy Maple Chicken | 17

Crispy Chicken, Cheese, Guacamole, Spicy Maple Mayo, Crispy Jalapeños, Pretzel Bun



## SANDWICH | WRAP

Served w/Fries

### Steak or Chicken Melt | 18

Sautéed Bell Peppers/Onions w/Steak or Chicken Melted 3 Cheese Blend, Smothered in Cheese Sauce

### The Club Wrap | 16

Roasted Chicken, Ham, Bacon, Cheese, Lettuce, Tomato.

### Cajun Veggie Wrap or Ciabatta | 15

Cajun Cream Cheese, Bell Peppers, Red Onions, Cucumbers, Lettuce, Tomato.

+ Chicken | 3

## FOR THE KIDS | 10

Served w/Fries, Juice and Scoop of Ice Cream

### Jr. Par 70 Burger

Mac & Cheese

Hotdog

Mini Pizzas | Pepperoni or Cheese

## MAIN COURSE

### Cod & Chips | 16

2 Pieces of Panko Crusted Cod, Savoury Tartar Sauce



### Blackened Salmon | 24

Herbed Crusted Blackened Salmon, Mandarin Orange Salad w/Citrus Champagne Vinaigrette.



### Steak & Fries | 24

8oz NY Strip Steak, Steamed Veggies



### Pan Fried Cod | 20

Pan Fried Cod, Scrunchions, Caesar Salad.



### Sesame-Ginger Stir-Fry | 16

Vegetarian, Steak, Chicken or Shrimp, Sautéed Veggies, Basmati Rice or Rice Noodles

### Pesto Garlic Penne | 16

White Wine Pesto Sauce, Sautéed Bell Peppers, Mushrooms, Red Onions, Parmesan Cheese.

### Cajun Chicken Alfredo | 18

Cajun Chicken, Alfredo Sauce, Sautéed Bell Peppers, Mushrooms, Red Onions, Parmesan Cheese.

### Butter Chicken | 16

Tandoori Chicken, Butter Curry Sauce, Basmati Rice, Naan Bread

## DESSERTS

Triple Chocolate Mousse | 7

Strawberry Vanilla Bean Cheesecake | 7

Featured Cheesecake | 8

Fried "Mars" or "Oreo" Sundae | 8

Sticky Toffee Pudding | 8

## BEVERAGES

Pepsi Products | 2.25

Beer - Bottle | 5 - Draft | 6.50

Wollaroo White Wine | 6oz 5.25 | 8oz 7.25

Wollaroo Red Wine | 6oz 5.25 | 8oz 7.25

Markland Wine | 6oz 6.75

Par 70 by Chef Josh